

SENIOR

SEPTEMBER

2023

# LIFESCAPE

SERVING SENIORS  
BOONE  
LEE  
OGLE  
WINNEBAGO  
COUNTIES

MENU IS SUBJECT  
TO CHANGE WITHOUT  
NOTICE

To make a  
reservation  
in Rockford


815-963-1609  
or  
1-800-779-1189

RESERVATIONS  
&  
CANCELLATIONS  
CALL BY 10:00 AM  
THE DAY BEFORE



\*CHOICE A only sent to  
MEALS ON WHEELS  
CLIENTS

THERE ARE  
NO  
SUBSTITUTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 				1 FISH PATTY W/TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRAWBERRY APPLESCE
4	5	6	7	8
CLOSED	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD - 1 CHERRY CRISP B.)HAM/CHIX NOODLE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE/TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
11	12	13	14	15
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF. BLEND VEGGIES CORN MUFFIN APRICOTS	A. PEPPER STEAK MASHED POT./GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
18	19	20	21	22
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	SALISBURY STEAK MASHED POT/GRAVY BRUSSEL SPROUTS WGR WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	A) TUNA NOODLE CASSEROLE BROCCOLI\CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL B.) CHIX SAL./TOMATO
25	26	27	28	29
BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS WGR DINNER ROLL STRAWBERRY APPLESCE.	MEATLOAF CHEESY POTATOES ROOT VEGGIE MIX WGR WHEAT BREAD - 1 DICED PEARS	BAKED PORK CHOP BABY RED POTATOES GREEN BEANS WGR DINNER ROLL CHERRY CRISP	ITALIAN SAUSAGE W\PEPPERS ON WGR BUN SEAS. POTATO WEDGES ITALIAN BLEND VEGGIES APRICOTS	A.) CRISPY FISH SAND. WGR WHEAT BUN\TARTAR POTATO PANCAKES PEAS DICED PEACHES B.) TURKEY/MINESTRONE